

Prevalence of Sleep Problems and Its Relation to Sleeping Habits in Toddlers

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Abstract

Background: Sleep problems in children have serious physical and psychological consequences such as obesity, aggression and attention deficit disorder in toddlers. The aim of the present study was to determine the prevalence of sleep problems and its relation with sleeping habits of toddlers in 2017. **Methods:** By random sampling from rural families of Razan city of Hamadan province, 120 mothers of 12- to 36-month-old children were selected and data collection tools included contextual questions, medical history and 33-question questionnaire of children's sleep habits (CSHQ) completed. Data were analyzed by SPSS software version 23, independent t-test, chi-square, Pearson correlation coefficient and multiple linear regression. **Results:** The mean age of the children was 22.82 ± 7.53 months and 55% of them were boys and the prevalence of sleep problems was 70.8% (95% confidence interval: 71.9-69.7). The average sleep duration of the children was 11 hours and more than 60% of the children went to bed after 23 o'clock. Results show that age is an important factor in most dimensions of CSHQ and age predicts daytime sleepiness ($\beta = -0.263$), nocturnal wakefulness ($\beta = -0.113$) and duration, Sleep time ($\beta = -0.108$) and sleep resistance ($\beta = 0.194$) respectively. Also, parents' education and child's current weight were predictors of subscales of CSHQ questionnaire ($P < 0.05$). In addition, there was a positive and significant correlation between sleep duration with infant sleep anxiety ($r = 0.527$) and resistance to sleep ($r = 0.473$) as well as nocturnal wakefulness with parasomnia ($r = 0.416$) ($P < 0.001$). **Conclusion:** Given the alarming prevalence of sleep problems in toddlers in the present study and the impact of some changeable factors on children's sleep health, designing interventions aimed at educating mothers to improve healthy sleep habits in toddlers is necessary.

Keywords: Sleep Habits- toddler- sleep problems- Parasomnia- night waking

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Introduction

Toddler needs good quality sleep for 11 to 13 hours a day for mental and physical development [1]. Younuch et al. (2016) study findings suggest that half of infants have poor sleep habits, 33% have insufficient sleep and 12–10% have at least one of the sleeping or waking up problems. Also, 50% of children do not get enough sleep due to the need for parents to sleep (as the most common sleep problem) and 48% due to late sleep [2]. However, 81 to 100 percent of parents believed that their children had good sleep habits [2-3]. Information available about the prevalence of sleep problems and factors affecting

healthy sleep habits in toddlers- especially in children who do not attend childcare centers such as preschool- is incomplete [1-4-5]. Most studies have focused on students' sleep habits and neglected to examine sleep patterns of children younger than 4 years - which could have serious consequences for future physical and mental health [6]. Although the toddler's total sleep duration is not related to the child's developmental indicators [7], healthy sleep is related to the physical development, general health and mental well-being of the child, and feeling good in the family [8]. Mean of healthy sleep habits is regular sleep and wake hours, age-appropriate sleep rate, and optimal sleep quality (less sleep delay, fewer and shorter night

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